

MENTAL HEALTH

Topics

1. MINDFULNESS

Practice mindfullify

2. Get a healthy diet

4. MORNING ROUTINE

6. Sleep well.

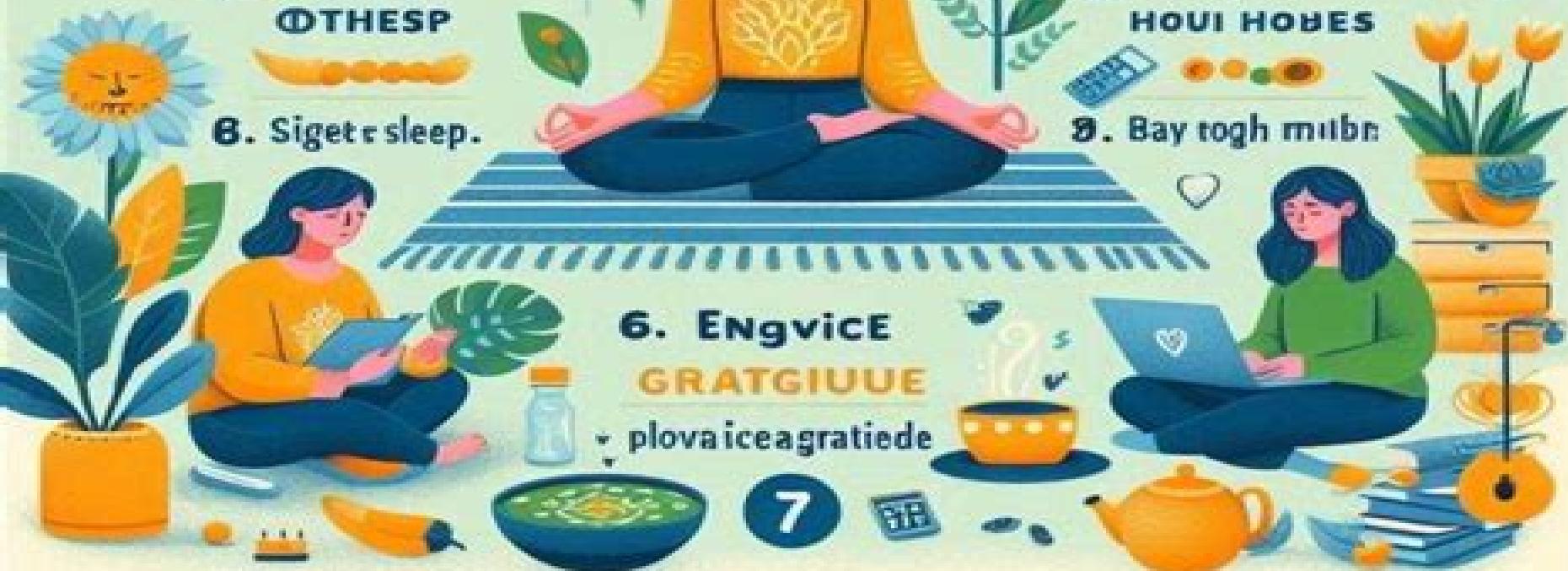
6. Protect your home

8. Buy things you like

6. Exercise GRATITUDE

• Show gratitude

7



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The Complete Guide to Physical Activity and Mental Health Debbie Lawrence, Sarah Bolitho, 2014-08-24 The Complete Guide to Physical Activity and Mental Health is a practical guide for fitness instructors working with clients with mental health issues. It looks at the signs and symptoms, treatment plans and how to approach developing an exercise programme for a range of mental health conditions. From depression, stress, anxiety and eating disorders, this book offers background information on the prevalence and various available treatments of each condition. Clearly illustrated throughout with a section examining the specific symptoms and causes of a range of mental health conditions, it will provide fitness professionals all they need when planning an exercise programme to suit their clients. Written in an accessible style by a well-established consultant in the fitness industry, it will appeal to exercise instructors and fitness professionals working towards the New Level 4 qualification. Including real life case studies, advice on communication and development strategies when working with clients, this book puts theory into practice.

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